



## STARTERS

- Avocado Toast** \$10  
radish, cilantro, lemon, olive oil, country wheat /egg +\$2
- Guacamole** \$9  
cilantro, blue corn chips, cotija
- Ceviche** \$13  
white fish, serrano, cucumber, red onions, celery, cilantro, leche de tigre, blue corn chips
- Crab Cake** \$13  
maryland style, old bay aioli
- Brussels Sprouts** \$11  
pine nuts, apple, dill, feta
- Spanish Chorizo and Cotija Flatbread** \$13  
arugula, spanish chorizo, white cheddar, cotija, spicy pickled red onion, chimichurri
- Roasted Foraged Mushrooms** \$13  
roasted wild mushrooms, pickled seasonal vegetables, soft poached eggs, lemon beurre, toasted crostini

## SANDWICHES

- with house greens, lemon vinaigrette /add fries + \$2
- Turkey Club** \$13  
smoked turkey, little gem, sliced tomato, avocado, sprouts, cheddar cheese, lemon-thyme aioli on wheat
- Nashville "Hot" Fried Chicken** \$13  
bread and butter pickles, red cabbage slaw, ranch on a brioche bun
- Spicy Tuna Melt** \$14  
line-caught albacore tuna, spicy aioli, white cheddar, pickled sesame cucumber, kimchi on wheat
- Roasted Chicken Breast** \$12  
fried pickles, provolone, lettuce, tomato, spicy ranch on a brioche bun
- Fried Chicken Wrap** \$12  
gem lettuce, slaw, pickles, asian buffalo sauce, ranch in a whole wheat tortilla
- Green House** \$11  
quinoa, feta, arugula, avocado, cucumber, parsley, red onion, whole wheat tortilla
- Reuben On Rye** \$12  
pastrami, sauerkraut, swiss, thousand island on toasted rye

## SALADS

- Market Chop** \$14  
little gem, provolone, salami, garbanzo beans, cherry tomatoes, pepperocini, red onion, oregano vinaigrette
- Salmon Confit Salad** \$14  
spicy greens, cucumber, radish, dill, goat cheese, lemon
- Grilled Chicken Kale Caesar** \$12  
russian red baby kale, parmesan, garlic bread toast
- Lemongrass Beef Salad** \$14  
marinated and grilled flatiron steak, gem lettuce, red cabbage, carrot, fried shallots, roasted cashews, vietnamese chili garlic vinaigrette
- Quinoa Salad** \$11  
heirloom pearl quinoa, parsley, red onion, feta, green onion, arugula, cucumber, lemon and olive oil

## MAINS

- Seasonal Grain Bowl** \$13  
barley, lentils and quinoa, soft poached egg, yam, sauteed kale, shimeji mushrooms, avocado, green goddess dressing served cold
- Shrimp Tacos** \$13  
tempura shrimp, cilantro crema, red cabbage slaw, spicy aioli
- 1000 Burger with Fries** \$15  
roasted tomato, caramelized onion, arugula, white cheddar, pickles, 1000 island on a brioche bun
- Grilled Cheese and Tomato Soup** \$14  
cheddar, herbed garlic cheese on sourdough served with house tomato soup
- Seared Salmon** \$22  
pan seared with rice pilaf, lemon brown butter sauce, fines herbs
- Steak Frites** \$21  
7 oz all natural flat iron steak, fries, chimichurri

## DESSERT

- "Double H" Bread Pudding** \$8  
house-made bread pudding, caramel sauce, chocolate, ice cream